



A MERRY WIDOWER?

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Tuesday, August 28, 2012



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A Nepean Redskins player catches a pass during a 33-23 win over the North Gloucester Giants at Bob Stephen Field at South Nepean Park during a game in 2010. MIKE CARROCCETTO/FOR METRO

Redskins' team name not an issue: Harder

Response. Barrhaven councillor dismisses concerns from native musician who believes the football team's name is racist



JESSICA SMITH
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City councillor Jan Harder has weighed in on the controversy surrounding the name of the Nepean Redskins football club, telling the Anishnabe man organizing a boycott of the team's sponsors that he's "looking for trouble where none exists."

Ian Campeau emailed Harder asking for support in his campaign to change the football team's name, which he sees as racist.

"You won't get it from me or anyone else I know," Harder replied by email within about half an hour of receiving

Closing the door

"You are looking for trouble where none exists."

Coun. Jan Harder in response to an email from Ian Campeau regarding the Redskins' team name, which he feels is racist

Campeau's request.

"The Nepean Redskin football name is some 40 years old or more and in the entire time I have been in Nepean until the last year or so there has never been any talk of (a) name change, and even since then only a few, including yourself. You are looking for trouble where none exists."

In his initial email, Campeau told Harder he was willing to help with the name change and raise funds, if necessary. Harder wrote back a second time when Campeau informed her he would go to the media with her response.

"I am not interested (in changing the name) nor are

the people within the organization, the people whose children play in football leagues, or their sponsors in getting on board with a handful of people who are trying to take issue where no issue exists."

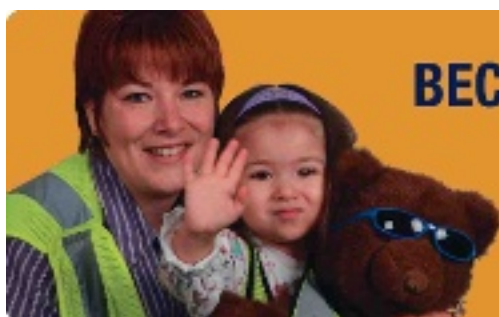
Campeau said he was in "complete shock" from Harder's response.

"I wasn't expecting that from an elected official. I thought she'd look into the situation."

Since then, many of Campeau's friends have been emailing and tweeting Harder to tell her that they agree with him, he said, while posts on Twitter and Facebook show a barrage of comments to Harder regarding her response.

"I really don't want these kids to stop playing football," said Campeau. "I just want them to stop playing under a moniker that's marginalizing an entire race."

Nepean Redskins president Stephen Dean declined to comment on the issue when reached by phone on Monday.



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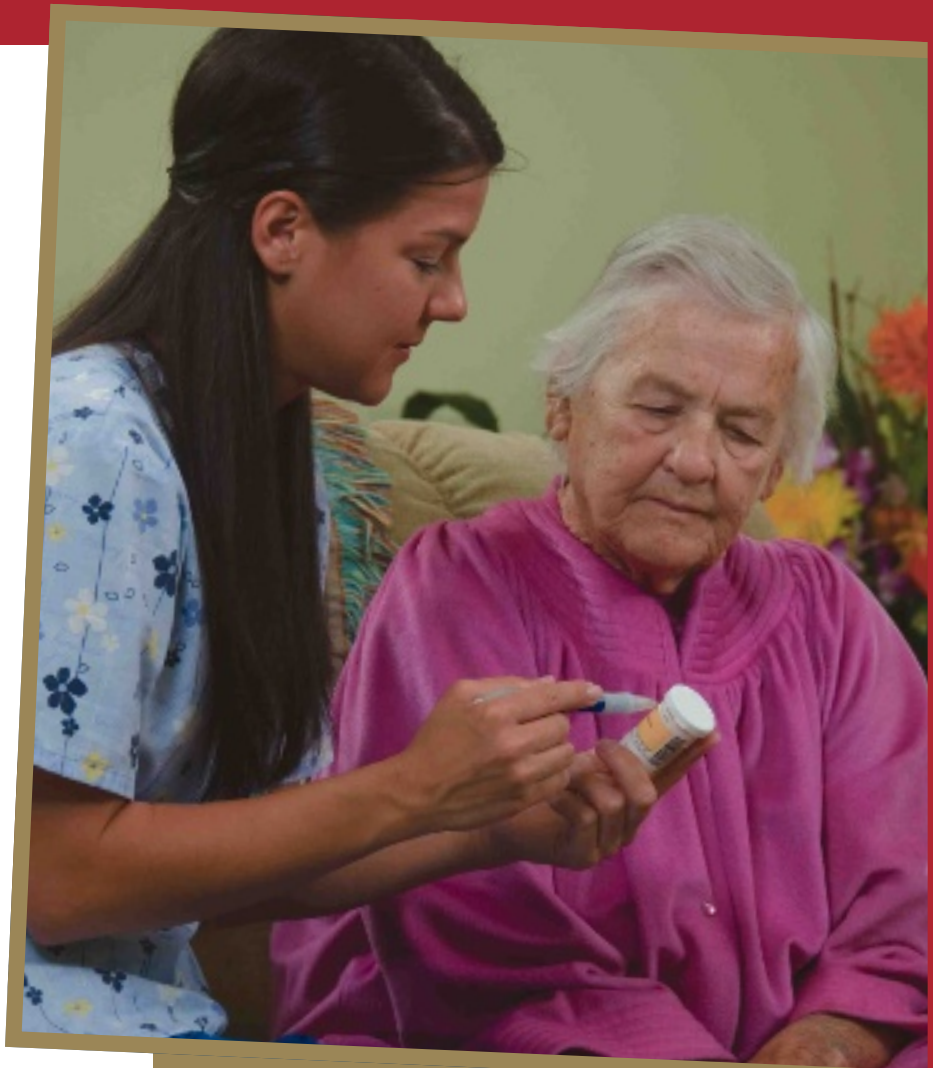
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Aylmer reception

Wedding guest accused of beating, stabbing wife

A Gatineau man has been charged with attempted murder after police say he beat his wife and then stabbed her with a broken beer bottle at a wedding reception in Aylmer, Ont., on Saturday night.

Jorge Mejias Sanchez, 48, appeared in court Monday and was also formally charged with aggravated assault and uttering death threats, police said.

Police responded at 10:40 p.m. to the Chateau Cartier hotel on 1170 Chemin d'Aylmer after receiving numerous calls of a man brutally beating a woman. Once officers arrived at the scene, the suspect fled, police said.

As police were looking for the suspect, they said he returned and stabbed his wife. Guests restrained the suspect and waited for police to return.

The 36-year-old victim was sent to hospital with cuts on her back, chest and mouth. Police said her injuries are not life-threatening. **JOE LOFARO/METRO**

Near the 416

Three killed in collision on Highway 401

Three people were killed in a collision between a van and a tractor-trailer on Highway 401, just east of the 416 on-ramp.

The collision occurred in the eastbound lanes at about 1 a.m. between Morrisburg and Cardinal, Ont., police said.

Three other people were taken to hospital. All six of the people who were injured or killed had been riding in the van, said media relations officer Const. Peter Robertson. **JESSICA SMITH/METRO**



Edison and Joyce Trott are seen in a photo taken on their wedding day in 1943. Inset: the couple posed for a picture Monday after participating in the Memory Project. CONTRIBUTED; INSET: JESSICA SMITH/METRO

Veterans tell of love and landmines in a time of war

Lest we forget. Memory Project seeks to preserve veterans' stories online for future generations



JESSICA SMITH
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Edison Trott met Joyce in December 1940, when she was asleep alongside her sister under their kitchen table — a safe place to be during an air raid.

"I thought he was rather grand," she said. "When you're 17, you have rather wild crushes on people who turn up at five o'clock in the morning."

Edison had come to Joyce's house in Tipton, England, that morning to find a distantly related aunt. He married Joyce

three years later.

On Monday, the Trotts took part in the Historical Dominion Institute's Memory Project, which records veterans telling their stories and digitally scans their artifacts, preserving their memories for generations.

Joyce enlisted in 1942 and worked in a records office in Leicester. Ed enlisted in Winnipeg in 1940 and ended up a gunner in the Air Force.

He flew 29 times over Europe and saw about five planes shot down. "It was as bright as day, because of the flames coming up from a crashed aircraft. And you could see German fighters come up and take a crack at some more of us.... Strangely enough, I never really felt threatened in a flight."

Joyce believes that calm was his body's way of coping.

"I remember sitting through air raids.... You just feel a sort of a mild interest,"

Another veteran remembers

Engineer's close call in Korea

Victor Johnson, from Eston, Sask., landed in Korea on Christmas Day 1951. An engineer, he led a crew that prepared the way for troop movements, building roads and clearing mines.

"I was sent up to clear this spot for the battalion," he recalled. "There was a

lot of ice and snow in the minefield. The mines were pretty well covered with ice. So I'm working away with a bayonet, chipping at the ice so I could neutralize the mine — and there was this loud explosion.

"My first reaction was that the mine went off, but then I thought, 'Well I'm still here,'" he said, with a laugh.

The explosion was an artillery shell fired over his head. **JESSICA SMITH/METRO**

she said. "Of course I hate thunderstorms now — I'm under the nearest bed."

The air raids had a devastating effect. Edison recalled how he and a fellow soldier took two girls out to the movies, before he was married.

When they were walking

the girls back to their homes for tea, they found the street had been destroyed. He later learned both girls had lost their families.

Follow Jessica Smith on Twitter @jessicacatherine



Mobile news



Do you like to cuddle? This woman does. Scan the code to watch one lady's sleepy snuggle session that shocked a fellow commuter.



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Right: Maygan Sensenberger leaves provincial court in Saskatoon on Monday. Left: Sensenberger and her husband, Rod Zimmer, a Manitoba senator. LEFT: FACEBOOK; RIGHT: LIAM RICHARDS/THE CANADIAN PRESS



Senator's wife told to stay away from hubby

Turbulent flight.

Sen. Zimmer, 69, and Sensenberger, 23, were in court Monday



MORGAN MODJESKI
Metro in Saskatoon

A 23-year-old senator's wife charged with causing a disturbance and endangering an aircraft received a bittersweet anniversary gift from a Saskatoon judge.

Maygan Sensenberger was released from jail Monday but told not to have contact with her husband, Rod Zimmer, a Manitoba senator. She is also prohibited from drinking alcohol and entering bars.

The provincial court judge

who issued the ruling didn't explain why Sensenberger is to stay away from her husband, who was also in court.

The couple, who married one year ago, made headlines last Thursday when Saskatoon police were called to meet a plane carrying a disruptive passenger.

The two were flying to Saskatoon from Ottawa when Zimmer experienced tightness in his chest. Sensenberger reacted by becoming upset.

Court records show police believe she uttered threats against her husband and threatened to take down the plane.

Upon hearing the judge's order, Sensenberger told the judge, "I don't know what to do."

The judge said the process

Witness testifies

Fellow passenger Scott Wright said he witnessed the couple arguing, but denied that any threats were made. Wright testified that Sensenberger seemed concerned about her husband's medical condition.

will unfold "one step at a time."

No one was injured in last week's incident.

Sensenberger is set to appear in domestic-violence court — which sometimes gives people a chance to enter a plea and receive treatment for a lesser sentence — on Tuesday at 9 a.m.

WITH FILES FROM THE CANADIAN PRESS

Student protests

Chaos reigns in return to Quebec classrooms

The calm of summer was shattered Monday with the return of school to Quebec universities, where some classes were disrupted as protesters disobeyed the back-to-school law.

Chaotic scenes, reminiscent of those seen across the province in the spring, suddenly flared up at Université de Montreal and Université du Quebec a Montreal after a relatively quiet summer.

The province passed an emergency law, known as Bill 78, to set stiff fines for people who prevent students from attending class. **THE CANADIAN PRESS**

Toronto body-parts case. Ex-boyfriend charged with second-degree murder

An ex-boyfriend of a woman whose body parts were found scattered in two Toronto-area parks has been charged in her death.

Peel Regional Police Insp. George Koekkoek told a news conference the 40-year-old man is charged with second-degree murder in what he described as a "domestic-related homicide."

Chun Qi Jiang was arrested in Toronto on Sunday and remanded into custody when he appeared in court on Monday.

Jiang, a Canadian citizen of Chinese descent, was not previously known to police, Koekkoek said.

The inspector said Jiang had

Grisly discoveries

- On Aug. 15, Liu's right foot was found in the Credit River in Mississauga. Liu's head and hands were later discovered in the river.

- Two calves, a thigh and an arm were found in West Highland Creek, just blocks from where she lived in Toronto.

a four-year relationship with Guang Hua Liu, 41, and the couple was recently estranged. **THE CANADIAN PRESS**

Storm expected to revisit Taiwan and Philippines

Typhoon Tembin.
119 km/h winds
predicted to hit island
nations Tuesday

Typhoon Tembin, which drenched southern Taiwan last week before going out to sea, appeared to be looping back Monday for another run at the island and the nearby Philippines, forecasters said.

The revisit comes after another storm about 1,200 kilometres to the northeast, Typhoon Bolaven, lashed the Japanese island of Okinawa. It injured five people and left 66,500 households without power as of Monday afternoon, but did less damage than feared before moving north into the East China Sea.



A man walks down a lane of water-damaged furniture from heavy rains brought by Typhoon Tembin in Pingtung county, Taiwan, Friday.
THE ASSOCIATED PRESS

Bolaven could affect coastal areas of South Korea by Tuesday, weather officials said.

Taiwan's Central Weather Bureau predicted that Tembin would make landfall early Tuesday in the same part of southern Taiwan where it dumped

more than 500 millimetres of rain three days ago. Tembin, packing winds of 119 km/h, will likely skirt the eastern Taiwanese coast before moving northward toward the Chinese mainland, the bureau said.

In Manila, the Philippine weather agency reissued typhoon warnings to residents and fishermen for Tembin, which blew out of the archipelago over the weekend. Fishing boats in the north were urged not to venture out to sea while larger ships were warned of possible big waves and heavy rains.

Filipino forecaster Manny Mendoza said Tembin's 600-kilometre-wide cloud band would likely intensify monsoon rains and bring strong winds and thunderstorms to the country's still-soggy north.

THE ASSOCIATED PRESS



India feeling effects of rain shortage

Indian farmer Satyavan Narwal gestures to a parched pond that would usually provide drinking water for cattle in Kathura village, in Haryana, India. Monsoon showers, which normally run from June to September, are crucial in a country where 60 per cent of the population works in agriculture and less than half the farmland is irrigated. India's Meteorological Department has said it expects the country to get at least 10 per cent less rain this year than during a normal monsoon, but large parts of the country have been hit much harder.

MUSTAFA QURAISHI/THE ASSOCIATED PRESS

On shaky ground

Quake rocks coast of El Salvador

A strong magnitude-7.3 earthquake struck off the coast of El Salvador followed an hour later by a magnitude-5.4 aftershock, authorities said early Monday. There were no immediate reports of damages or injuries. THE ASSOCIATED PRESS

Melting away

Summer heat shrinks Arctic Ocean ice to record low

Critical ice in the Arctic Ocean melted to record low levels this sweltering summer and that can make weather more extreme far away from the poles, scientists say.

The National Snow and

Ice Data Center reported Monday that the extent of Arctic sea ice shrank to 4.09 million square kilometres and is likely to melt more in the coming weeks. That breaks the old record of 4.17 million square kilometres set in 2007.

In the winter, the frozen saltwater surface usually extends about 15.54 million square kilometres.

THE ASSOCIATED PRESS

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Death toll rising after massive refinery blast

Venezuela. Residents in nearby neighbourhood still troubled by lack of warning hours before

The death toll rose to 41 at Venezuela's biggest oil refinery, where fires were still raging on Monday two days after a powerful explosion.

Hospital officials in the western city of Maracaibo said on Sunday that a soldier and a member of the National Guard had died. The two men were taken to the hospital with wounds including severe head

Undetected leak

"That the gas leak went undetected for a number of hours ... indicates to me that there is a lack of safety-related planning."

Energy analyst Jorge Pinon

injuries and burns covering much of their bodies, the Venezuelan newspaper El Universal reported.

Government officials had previously confirmed that 39 people died and more than 80 were injured.

Residents in a neighbourhood next to the refinery say they had no warning before the explosion hit at about 1 a.m., Saturday.

"What bothers us is that there was no sign of an alarm. I would have liked for an alarm to have gone off or something," said Luis Suarez, a bank employee in the neighbourhood. "Many of us woke up thinking it was an earthquake."

People who live next to the refinery said they smelled strong fumes coming from the refinery starting between 7 p.m. and 8 p.m. Friday, hours before the blast.

Then, a cloud of gas ignited in an area of fuel-storage tanks and exploded. Some of the tanks were still burning on Monday. **THE ASSOCIATED PRESS**



Plumes of black smoke and flames continue to rise over the Amuay refinery near Punto Fijo, Venezuela, Monday. ARIANA CUBILLOS/THE ASSOCIATED PRESS

Belgium. Killer's ex-wife up for release

Convicted pedophile and killer Marc Dutroux's ex-wife — an accomplice who let two of his victims starve to death — is on the verge of release.

On Tuesday, the nation's highest court will likely approve granting Michelle Martin conditional freedom, after serving little more than half of the 30-year sentence she was given for her part in the mid-1990s kidnappings, rapes and killings.

The Court of Cassation will decide on appeals from the prosecutor's office and the families of victims on Tuesday and rule if procedural errors were made in the decision of a lower court to approve her conditional release. **THE ASSOCIATED PRESS**



Family members of two victims after the funeral in 1996. THE ASSOCIATED PRESS

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Taliban behead 17 in Afghanistan, seemingly for going to a dance



A woman clad in a burka walks past graffiti in Kabul on Sunday.
AHMAD NAZAR/THE ASSOCIATED PRESS

Militants. Insurgent group still holds much power in the south

Insurgents beheaded 17 civilians in a Taliban-controlled area of southern Afghanistan, apparently because they attended a dance party that flouted the extreme brand of Islam embraced by the militants, officials said Monday.

The killings, in a district where U.S. Marines have battled the Taliban for years,

were a reminder of how much power the insurgent group still wields in the south — particularly as international forces draw down and hand areas over to Afghan forces.

The victims were part of a large group that had gathered late Sunday in Helmand province's Musa Qala district for a celebration involving music and dancing, said district government chief Neyamatullah Khan. He said the Taliban slaughtered them to show their disapproval of the event.

All of the bodies were decapitated but it was not clear

if they had been shot first, said provincial government spokesman Daoud Ahmadi.

Information was only trickling out slowly because the area where the killings occurred is largely Taliban-controlled, Khan said. The Taliban spokesman for southern Afghanistan could not be reached for comment.

Many Afghans and international observers have expressed worries that the Taliban's brutal interpretation of Islamic justice will return as international forces withdraw.

THE ASSOCIATED PRESS

Syria

Rebels take down regime helicopter, activists say

A Syrian military helicopter crashed in a ball of fire Monday after apparently being hit during clashes between government forces and rebels in the capital Damascus, activists said, in a sign of the fighters' growing abilities as they struggle to topple President Bashar Assad's regime.

An Internet video shows the chopper engulfed in flames and spinning out of control shortly before it hits the ground. Rebels shout "Allahu Akbar!" as the helicopter goes down.

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Housing affordability still eroding

Higher home prices. Possible interest-rate increases next year could strain ownership and ultimately cool housing markets

Housing affordability continued to erode in most markets across Canada in the second quarter as a result of higher home prices and interests rates, but there were a few bright spots.

Alberta, in particular, solidified its position as having the most affordable housing market thanks to a significant drop in prices for electricity and natural gas, says a quarterly Royal Bank housing report.

Montreal also enjoyed improved affordability, which prompted resales to rise 8.6 per cent to reach their third-highest second-quarter total, the report said.

A 17 per cent reduction in Alberta utility costs was the biggest contributor to the improve-

Toronto index

- The Toronto index deteriorated by 0.9 percentage points to 54.5 per cent based on \$113,700 in annual income.
- While home-ownership costs were above the historical average, they were still well below the peaks experienced during the housing bubble in the late 1980s.

ment in the cost of owning a home as a share of household income.

On a national level, modest increases in home prices and mortgage rates slightly eroded housing affordability in the quarter.

RBC's affordability index for a detached bungalow stood at 43.4 per cent of income nationally in the second quarter, up 0.2 percentage points from the first quarter but unchanged from a year ago. **THE CANADIAN PRESS**



Iraqis flock to faux fast-food franchises

A customer stands outside Burger Friends restaurant in Baghdad, Iraq. A wave of new American-style fast-food restaurants is spreading across the Iraqi capital, enticing customers hungry for alternatives to traditional offerings. Iraqi entrepreneurs and investors from nearby countries, not big multinational chains, are driving the food craze. They see Iraq as an untapped market of increasingly adventurous eaters where competition is low and the potential returns are high. The traditional Arabic restaurants long popular here now find themselves competing against curiously-named rivals such as Florida Fried Chicken, Mr. Potato, Pizza Boat and Burger Friends. There is even a blatant KFC knockoff called KFG, which owner Zaid Sadiq insists stands for Kentucky Family Group. **KARIM KADIM/THE ASSOCIATED PRESS**

Wages. Non-union salaries to rise: Survey

Non-union workers across Canada can expect wage increases of 3.2 per cent on average next year, according to an annual survey by Mercer.

The global business consultancy said Monday that the projected wage increases would match actual increases in base pay reported for 2012. They

would also be up slightly from the average of three per cent in 2011 and 2.9 per cent in 2010.

Mercer's 2012/2013 Canada Compensation Planning Survey, conducted annually for over 20 years, includes responses from more than 750 employers across Canada and reflects pay practices for ap-

proximately two million non-union workers.

Mercer said the results are indicative of a steadily increasing trend that will also see top-performing employees — some six per cent of the workforce — enjoy even higher increases as companies strive to retain critical talent. **THE CANADIAN PRESS**

Auto rentals

Hertz buys Dollar Thrifty for \$2.3B

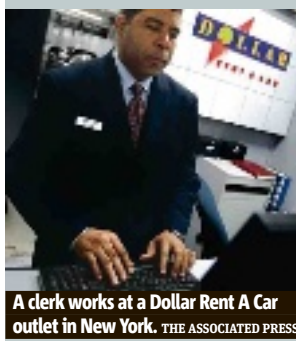
More than two years after its original bid, Hertz agreed Sunday to buy Dollar Thrifty Automotive Group for about \$2.3 billion US, giving it more ways to attract travellers and expand its international presence.

At \$87.50 per share, the

deal is worth far more than any of Hertz's previous bids and about eight per cent higher than Dollar Thrifty's closing price Friday.

Travellers who rent through Dollar Thrifty will still visit that counter for service. In the long run, prices in many markets will almost certainly rise as the two companies streamline their operations.

THE ASSOCIATED PRESS



A clerk works at a Dollar Rent A Car outlet in New York. **THE ASSOCIATED PRESS**

Patent case. Apple seeks ban on 8 Samsung devices

Apple on Monday gave a federal judge a list of eight Samsung products it wants pulled from shelves and banned from the U.S. market.

U.S. District Judge Lucy Koh asked for the list after a jury in San Jose last week slammed Samsung with a \$1.05-billion US verdict, finding that the South Korean technology giant had "wilfully" copied Apple's iPhone and iPad in creating and marketing the products. Samsung plans an appeal.

The products Apple wants banished from the United States are all smartphones: Galaxy S 4G, Galaxy S2 AT&T, Galaxy S2, Galaxy S2 T-Mobile, Galaxy S2 Epic 4G, Galaxy S Showcase, Droid Charge and Galaxy Prevail.

The judge has scheduled a Sept. 20 hearing to discuss Apple's demands for the sales bans.

She asked Apple on Friday to submit the list of products its wants removed from U.S. stores after Samsung complained it doesn't have enough time to prepare for the scheduled hearing. **THE ASSOCIATED PRESS**

Market Minute

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PARK LIFE: FINDING JOY IN THE CITY'S COMMUNAL BACKYARD



SHE SAYS...
Jessica Napier
metronews.ca/voices/
she-says

Sometimes I'm jealous of my suburban pals. I don't have a backyard, a barbecue, a deck or a pool; but I do have a park. In the city's concrete jungle, parks are an oasis of green where visitors

and residents congregate en masse to enjoy the dog days of Canada's fleeting summer.

Every weekend, downtown dwellers descend from their high-rise abodes to enjoy the street-level wonders of urban parklands. They sprawl out on picnic blankets and people-watch as other park-life fans throw Frisbees, walk their dogs and engage in raucous rounds of croquet and bocce ball. After the sun goes down, people bring their own lanterns and sparklers, hosting al fresco birthday parties under the moonlight.

Land of the park-goers

When so much of our urban landscape is claimed by retailers and condo developers, these impromptu gatherings allow us to take back public space as something that is truly ours.

This summer, my neighbourhood has been playing host to a series of impromptu outdoor-movie nights. These screenings aren't so much an official community event as they are a couple of guys with a projector and enough Facebook friends to get the word out.

Tea-light candles demarcate the seating area and the previews are YouTube music videos that inspire dancing in the crowd. Bicycles litter the makeshift aisles and the organizers sell \$3 cans of Pabst

Blue Ribbon and PWYC popcorn. Is it legal? Definitely not, but it's amazing.

After the movie finishes, everyone gathers their garbage and quietly makes their way home. For the most part, no one is loud and obnoxious; we respect our neighbours and the sanctity of our little patch of green in the heart of the city.

When so much of our urban landscape is claimed by retailers and condo developers, these impromptu gatherings allow us to take back public space as something that is truly ours.

Parks are exempt from the rules and commercial interests that govern the rest of the city; they are places to bring home-made meals and make DIY fun. There is no waiting for a table at the park and the price of admission is nil.

My park is where I liberate myself from the monotony of the treadmill and run along winding pathways and hidden trails. It is where I go to be alone with a book or reconnect with friends over a game of Scrabble, accompanied by a concealed bottle of wine. It is the bonus piece of beautiful green space that was never advertised with my 800-square-foot apartment.

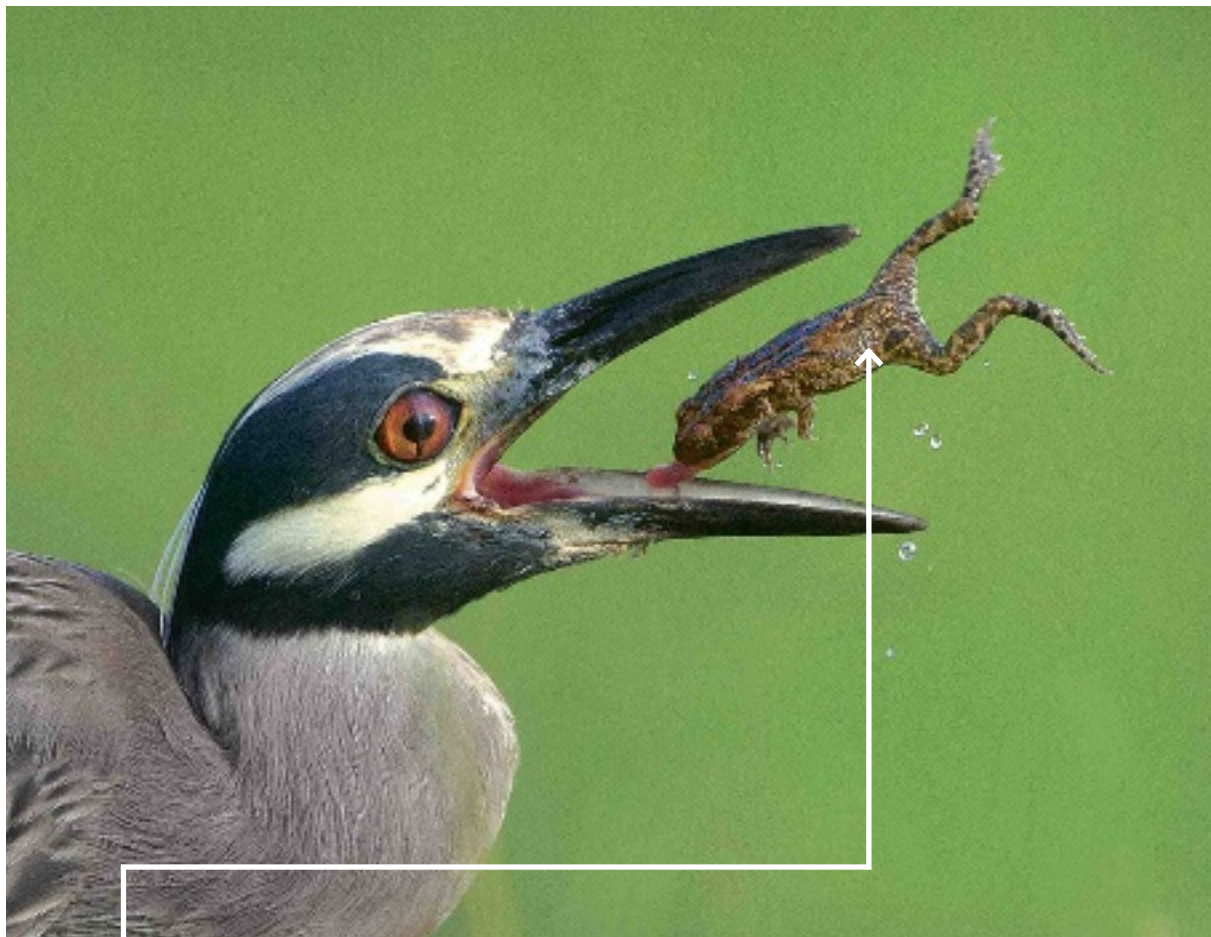
As cityscapes become increasingly dominated by paved sidewalks and towering structures of concrete and glass, our parks, no matter how small, feel like an expanse of natural realism. They should be enjoyed and celebrated but, most importantly, preserved.

Follow Jessica Napier on
Twitter @MetroSheSays



A sunbather does a cartwheel in Manhattan's Westside Park in New York City earlier this summer. JOHN MOORE/GETTY IMAGES

Look before you leap



NATE CHAPPELL/REX FEATURES

Frog legs

Flipped like a pancake

This picture of a wild supper was captured in Missouri City, Texas, by photography tour operator Nate Chappell.

The yellow-crowned night heron preys on frogs but has to flip them several times in order to swallow them.

This two-legged bird needed several attempts to consume its meal.

METRO



Nate Chappell CONTRIBUTED

Q & A with the photog

- **How did you get the shot?**
The heron was preoccupied with eating the frog so it let me approach fairly close. I got down low in the grass to get a more intimate view and better background. I crawled on my hands and knees to get closer to the bird, knowing that the bird was less likely to fly off if I was crawling. The bipedal form of humans is how most animals recognize humans and consider us a threat.

Long-time nesters

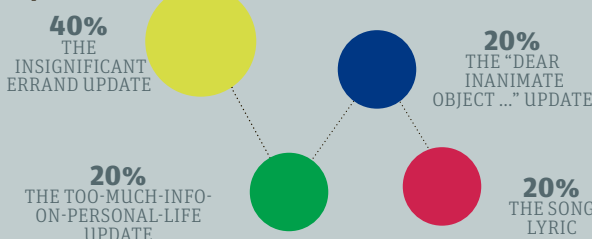
20

The number of years a yellow-crowned night heron family will inhabit a single nest. This is remarkable loyalty as the bird only lives for around six years, but its family will stay far beyond that. However, in many of the U.S. breeding grounds, the nests are under threat from hunters.



Register at metropolitanpanel.ca
and take the quick poll

What's the most annoying Facebook status update?



Twitter

@melissabaumann:

I just looked out my window and saw my dad fling a dead mouse into the neighbour's yard
#thatstotallynormal
#embarrassing

@blooms:

@Finola Kind of like school newsletters typed in Comic Sans...
Painful.

@BryanneMC:

Soo guard geese are terrifying creatures... #RUN

@Jilliaansmith:

#10TurnOns neck kissing & lip biting

@SensTown:

this guy is a serious Martin Havlat fan yikes <http://t.co/sBaYHO7Z>

@trunz10:

I guess I can check off going to an Eagles game off the bucket list.. December 23rd! #EaglesVs-Redskins

DVD reviews



Battleship

Director. Peter Berg

Stars. Alexander Skarsgård, Brooklyn Decker, Liam Neeson

The reliable Liam Neeson elevates every film he puts his name to, including pay cheque gigs like *Clash of the Titans*. But even he couldn't keep *Battleship* from tanking. Based in name only on the old Hasbro board game, the Peter Berg-directed film awkwardly yokes a romantic redemption tale with a sci-fi potboiler about space aliens invading Earth. Neeson gives good stare in *Battleship*, as the admiral in charge of the U.S. Navy Pacific Fleet. That's about all he gives, but you can't blame him. The characters are little more than game pieces in this exercise in CGI overkill. Taylor Kitsch is the putative star, playing screw-up Alex Hopper, who fails at the high ideals set by his Navy-straight older brother Stone (Alexander Skarsgård). *Battleship* gives little reason to care about these characters. The state of your hearing after all the boom-boom would be of greater concern.

PETER HOWELL



Partners is the story of two guys and a bit of jealousy. HANDOUT



In Revolution, the world is thrown into the Dark Ages. HANDOUT

TV's fresh fall crop a rather safe fare

Predictable choices. With the exception of *Animal Practice*, new programs seem to be sticking to tried-and-true formulas

Here's a fearless prediction for the new fall season: *Animal Practice* will be either a hit or a big-time miss; either a comedy game-changer for NBC or a punch line for its ratings desperation.

This sitcom about a veterinarian and his monkey sidekick is already commanding the attention of viewers. NBC has heavily hyped it, most notably by interrupting the Olympics closing ceremony to air a preview of the show and enraging viewers waiting for the Who.

But who cares if they're angry? For any new show, just getting noticed is half the battle. Between now and December, *Animal Practice* (airing on Global in Canada) is among nearly two dozen series getting launched by the five broadcast networks, which for weeks have been feverishly hyping the new crop with everything

from bus ads to Twitter feeds, plus multi-platform previews of some shows, like *Animal Practice*, thrown in.

All of this is done with the certain knowledge that at least two-thirds of the new fare, no matter how relentlessly promoted, will have fallen by the wayside by this time next year.

Remember these duds from last fall: *Charlie's Angels*? *Free Agents*? How to be a Gentleman? Does a similar fate await *Animal Practice*, which stars Justin Kirk as a misanthropic veterinarian and *Crystal*, a scene-stealing capuchin monkey, as his oddly human second banana? Or what about *Go On*, an NBC comedy (airing on Global in Canada) that casts Matthew Perry as a sports-talk radio host forced to attend grief counselling after the death of his wife?

Or what about *Chicago Fire* (airing on Global in Canada) an action drama about firefighters from *Law & Order* maestro Dick Wolf? *Chicago Fire* could be pigeonholed as a show about public safety, but bona fide cop dramas — one of TV's most enduring genres — are represented by three fanciful variations.

On Vegas, CBS' robust new

drama (airing on Global in Canada) set in the early 1960s, Dennis Quaid plays a rancher-turned-sheriff of the budding gambling mecca, with Michael Chiklis a mobster casino boss.

NBC's *Elementary* (airing on Global in Canada) stars Jonny Lee Miller as a modern-day detective with the name and quirkiness of legendary Sherlock Holmes, and Lucy Liu as Dr. Joan Watson. They assist the New York Police Department with solving crimes.

And the CW's *Beauty and the Beast* (airing on Showcase in Canada) features a lovely young homicide detective (Kristin Kreuk) who reconnects with a handsome young doctor who saved her life when a teenager. She also discovers his terrible secret: Thanks to a military experiment gone awry, when he is enraged, he becomes a terrifying beast with uncontrollable strength.

Meanwhile, there's just one new lawyer show on tap: CBS' *Made in Jersey* (airing on Global in Canada), which stars British actress Janet Montgomery as a young working-class Jerseyite from a long line of self-taught beauticians, a gal who bought her attache case not on Madison Avenue but down the

shore. She lands a job across the river at a prestigious Manhattan law firm where her style raises eyebrows but wins cases.

Autumn will bring three new doctor dramas, each of which — like *Made in Jersey* — is headlined by a woman.

Jordana Spiro stars in Fox's *The Mob Doctor* (airing on CTV in Canada) as a Chicago surgeon whose obligations to the mafia require her to give medical treatment to a gang of hoods.

On the CW's *Emily Owens M.D.* (airing on CTV in Canada), Mamie Gummer plays a young med-school grad who's beginning a hospital internship full of hope. And on the Fox comedy *The Mindy Project*, creator-star Mindy Kaling plays a thriving OBGYN whose personal life is a succession of pratfalls.

NBC's edgy *The New Normal* (airing on CTV in Canada) finds gay couple Andrew Rannells and Justin Bartha concluding there's only one thing missing from their happy home: a child. Also trading on the gay theme is *Partners* (airing on Citytv in Canada), with David Krumholtz as Joe and Michael Urie as Louis, partnered architects and best friends since high school.

THE ASSOCIATED PRESS

2 SCENE

On the web



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Kellan Lutz

Twilight actor misses the pre-fame days

Despite the mega-success of the Twilight film franchise, Kellan Lutz kind of misses the good old days.

"My favourite moments were during the first movie, before any of this craze happened. We were just ourselves, no one really knew who we were yet," Lutz tells Us Weekly. "We haven't changed per se, but we were able to get away with a lot more." And while some mem-

bers of the cast have dealt with the spotlight better than others, Lutz insists the series' popularity caught them all off guard.

"I don't really like to comment on everyone else's process, but I think we've all done the best we could with this," he says. "It can be surreal sometimes. I don't know if we all knew what we were fully getting into on all fronts."

Happy couple, Reynolds, Lively going strong

After almost a year together, Ryan Reynolds and Blake Lively are still going strong, according to People magazine. The happy couple was spotted in New York City last week celebrating Lively's 25th birthday with an indulgent treat at Serendipity 3. "They were very attentive to each other, sitting close and very into each other," an eyewitness says. "They were obli-



Blake Lively and Ryan Reynolds

ous to what was going on around them."

Twitter



@SethMacFarlane

A big part of my life is trying to apply Purell without being noticed by the person who just shook my hand.



@BetteMidler

Gentle readers, by now you have gathered that I have been interested in wacky weather ever since I saw smog for the first time 40 yrs ago..



@rustyrocks

I deny all hurtful rumours that I have invented bejeweled hover-shoes. Lawyers tell me they are fashionable.



@SandraBernhard

camping is fine as long as someone else does all the work

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Tom Cruise kept the diamonds coming

THE WORD
Monica Weymouth
scene@metronews.ca

Say what you will about Tom Cruise — we certainly do — but the guy isn't cheap.

During their five-year marriage, Tom Cruise showered Katie Holmes with the type of gifts found only under the Scientology Christmas tree.

"Tom was extremely generous to Katie with lavish gifts during their marriage, and she will be keeping millions of dollars of jewelry, Hermes handbags and other luxurious items," a source tells RadarOnline.

"Tom gave Katie diamond earrings as a birthday gift one year that easily cost over \$500,000, and he had custom design pieces made for her."

Under the terms of their divorce, Holmes gets to keep the swag and is free to sell it if her earlobes get tired — meaning, we can only hope, that she won't need that Dawson's Creek reunion paycheck.



Angelina Jolie and Brad Pitt

Pitt children let loose in French toy store

Brad Pitt and Angelina Jolie squeezed in a little late-summer vacation time, taking four of their six kids to the coastal town of Le Touquet, France, over the weekend, according to People magazine. Pitt and Jolie treated daughters Zahara, Shiloh and Vivienne along with son Knox to pizza before letting them loose on a local toy store Jolie had visited before.

"I wasn't notified of their visit. I didn't expect it. I didn't even recognize them. I said 'Bonjour' like I do to all my clients and then I saw Brad Pitt," an employee of Culture Kid tells the magazine. "Since Angelina was here with her son last year, the shop has moved, but they found us."

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Visual aids can be used to help remind people that they have reached their limits on snacking. HANDOUT

Obey the stop sign for snacking

Health options. New study shows that visual cues can effectively cut down on consumption of snack and junk foods in your home

BEN KNIGHT
life@metronews.ca

Snacks are seductive. So delicious. So satisfying.

Not always healthy, though — and overindulgence is a constant danger.

But new research from Cor-

nell University in Ithaca, N.Y., suggests that visual cues can effectively cut consumption, without really damaging enjoyment.

Cornell's food and brand lab dyed every seventh chip in a stack of potato chips red, then gave them to unsuspecting test subjects.

"We simply had marker chips in there," says lab director Brian Wansink, author of *Mindless Eating: Why We Eat More Than We Think*.

"We didn't say anything. There was no mention of why it was red, or anything. Simply having a marker chip in there led people to eat either

By the numbers

\$2.1B

\$2.13 billion is the value of snack food products shipped by Canadian producers in 2009.

seven or 14 chips. They got to the point where they'd see this stop sign. They might eat one or two more chips, but they wouldn't eat 50 more."

A happy accident, or real science?

"We did the study three times, because the first time,

it seemed too good to be true," he says. "Every time we did it, we saw this huge, huge effect."

But does it work when people know what the red chip means? Can this work with other snack foods, which don't so easily stack?

"Yes, yes, yes!" Wansink enthuses. "You can break your snacks up into little baggies. It may not be good for the environment, but it gives you a visual stop sign. Or you can use a twist seal to reseal a candy bar after you've eaten part of it."

He also suggests eating ice cream out of a little bowl.

"You can go back for

seconds. You can go back for thirds! The empty bowl is kind of a red chip, saying 'Hey, do you want more?' You can have more, but you have to make that decision."

Wansink insists that eating less doesn't mean there's a matching drop in snack satisfaction.

"What we find is that it doesn't seem to be the amount. It's just whether you get the snack or not. We find that people get tremendous satisfaction out of just half the amount they would otherwise eat."

"Visual stop signs cause you to think twice."

3 LEE

On the Web



US Open defending champ Samantha Stosur on fitness, Japanese food, kick serves

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THIS WEEK: Making Those Back to School Snacks Healthy Snacks



Recreational use of MDMA can have long lasting effects. ISTOCK PHOTOS

The agony of ecstasy

Health effects. Study finds that even casual use of MDMA over a short period of time can have lasting issues

CELIA
MILNE
life@metronews.ca

Taking MDMA pills at a rave could hurt your brain in the long run.

MDMA — also known as ecstasy, XTC, Adam, E, or the love drug — is illegal.

It is sold inexpensively on the street, and is commonly taken at all-night dance parties.

When you buy ecstasy, you are often getting drugs other than MDMA, including caffeine, ephedrine, amphetamine or LSD, which can make it lethal, according to the Centre for Addiction and Mental Health (CAMH).

There have been reports of clusters of overdoses and even deaths of young people from MDMA, but its long-term effects have been widely debated. A new study in Germany has found MDMA can indeed have lasting effects on brain function.

Researchers ran tests on 109 people in the study; some had taken no MDMA and some had taken as many as 60 pills in the previous year. The 23 volunteers who

had used more than 10 pills of MDMA did significantly worse on tests of visual memory and learning than those who didn't take this recreational drug.

Researchers made sure that the differences in brain function couldn't be explained by age, intelligence, medical history, nutrition, sleep quality or whether subjects were users of cannabis, alcohol and cigarettes.

"Our findings may raise concerns with regard to MDMA use, even in recreational amounts over a relatively short time period," noted the authors.

The study is being published in the *Journal of Addiction Medicine*.

Up and Down

UP

Paddleboarding

That's what the cool celebs, including *Twilight*'s Ashley Greene, have been up to this summer. Stand on an oversized surfboard and use your arms to power your way through the water with the help of a paddle. It's tough work, and if you keep at it, you'll end up with a toned upper body and thighs of steel. Want to bring things up a notch? Try Paddleboard Yoga...



DOWN

Arrogant people

Researchers at UC Berkeley found that overconfidence, the belief that you are more physically talented, socially adept, and skilled at your job than you really are, is influenced by social status. Professor Cameron Anderson, co-author of the study, explains that those who believe they are better than others tend to be given a higher place in the social ladder. But thinking you're the best isn't always a good thing. In fact, the study shows that it can negatively affect both performance and decision-making. So pipe down.

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As a guitarist, my eldest brother Graeme inspired me to learn to play; as a weightlifter, he used to show off by bench-pressing me above his head; and later, when I was bullied in school, he would pick me up in his boat of a car, looking intimidating in black clothes, covered in tattoos.

In his early 30s, he was diagnosed with kidney disease—he never showed it, he never looked or seemed sick... I was shocked when I found out that he would need a transplant.

My hope came in the form of my brother's friend since high school, Todd, who offered his own kidney to save my brother's life...

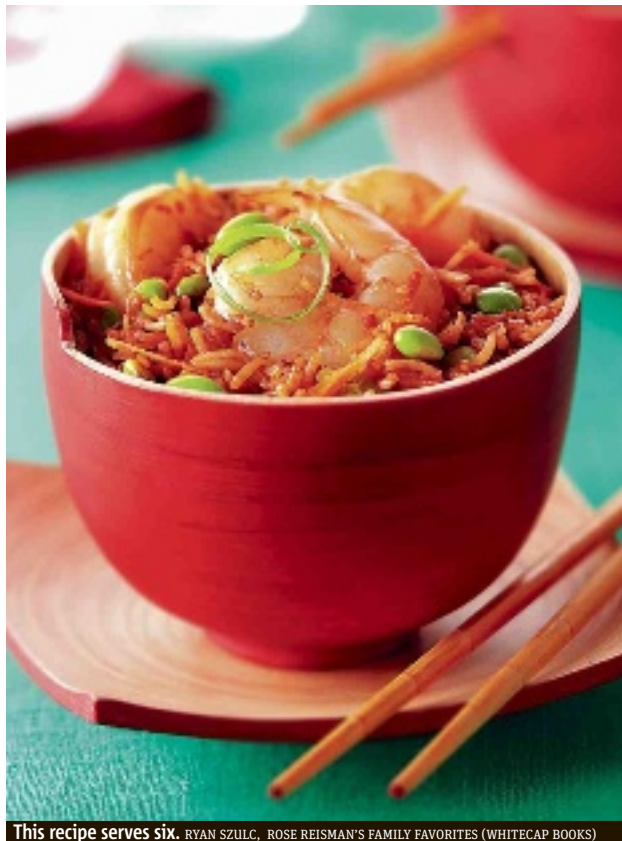
Adrienne, a grateful sister



The foundation of kidney care.

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Finally, a healthy version of Shrimp Fried Rice



This recipe serves six. RYAN SZULC, ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)



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Fried rice in Asian restaurants is often made with lard or excess oil, adding enormous amounts of calories and fat.

I use a stock-based sauce that only uses a tablespoon of sesame oil. Also, instead of traditional green peas, I use edamame. That brings the calories per serving to 309 and the total fat to 5.4 grams.

- 1. Sauce:** Whisk chicken stock, soy sauce, sesame oil and chili sauce in a small bowl. Set aside.
- 2.** Add rice to stock and bring to a boil. Reduce heat to low, cover and simmer 10 minutes. Remove from heat and let sit for 10 minutes, covered.
- 3.** Lightly coat large skillet or wok with cooking spray, add oil and set over medium-high heat. Add onion and sauté 5 minutes or until softened. Add garlic and ginger and sauté 1 more minute. Add

shrimp and edamame and sauté 3 minutes or until the shrimp just turns pink. Stir in the carrots and green onions.

- 4.** Add cooked rice to shrimp mix. Add sauce and stir-fry 2 minutes, or until everything is warmed through and rice is coated with sauce. Serve hot.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN

Ingredients

Sauce

- 1/3 cup chicken stock
- 3 tbsp low-sodium soy sauce
- 1 tbsp sesame oil
- 1 tsp hot chili sauce

Rice

- 1 1/2 cups white rice
- 1 1/2 cups chicken stock
- 2 tsp vegetable oil
- 1 cup chopped onion
- 1 1/2 tsp each finely chopped garlic and ginger
- 4 oz raw shrimp, peeled, deveined and diced
- 1 cup frozen shelled edamame
- 1/2 cup each grated carrots and chopped green onions

Health Solutions

Cereal killer



NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

Say "fibre" and everyone thinks "bran," but there is a world beyond wheat that may be even better for you.

One of the key nutrients required for, ahem, regularity is magnesium and magnesium can be bound by wheat bran rendering it inabsorbable.

So over the long haul, you want to vary the source of bulking substance like wheat bran (insoluble fibre) and add cholesterol lowering, blood sugar regulating soluble fibre from other sources. (And I will try to keep this clean...promise.)

Insoluble Fibre Sources

- 1. Kidney and Lima Beans, Lentils and Dried Peas**
Kidney and lima beans as well as lentils and dried peas are fabulous



THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

sources of soluble fibre. Find a way to work them into your soup, rice or entrée daily.

- 2. Psyllium Husk**
Psyllium husk is found in some breakfast cereals but also as a powdered supplement that can be added to just about anything.

- 3. Barley**
Barley is a fabulous alternative to rice. Cooked in stock and stirred with grated Parmesan cheese, it is almost risotto-like. Tossed into salads and soups it adds texture and flavour.

What insoluble fibre does is pull water into the bowel to form an easy to pass gel. This prolongs stomach emptying time to slow down digestion of sugars and helps capture and remove bad fats. Easy, peasy...get it?

Thai Barley Salad. Seasonings spice up this easy summer side dish



- 1.** In saucepan, bring 625 ml (2 1/2 cups) lightly salted water to boil. Meanwhile, rinse barley; add to boiling water. Cover and simmer until tender but still slightly chewy, about 25 minutes. Drain and rinse under cold water. Drain well, then place in bowl.

- 2.** In bowl, whisk lime juice, vinegar, chili garlic sauce, fish sauce, sugar and salt until sugar is dissolved. Whisk in oil.

- 3.** Cut peaches and red pepper into 2-cm (3/4-inch) pieces. Add to barley along with green onions, spinach, bean sprouts and mint. Drizzle with dressing. Toss to combine. **THE CANADIAN PRESS/FOODLAND ONTARIO**

Ingredients

- 175 ml (3/4 cup) pearl barley
- 30 ml (2 tbsp) each lime juice and unseasoned rice vinegar
- 15 ml (1 tbsp) hot Asian chili garlic sauce
- 7 ml (1 1/2 tsp) each fish sauce and granulated sugar
- 2 ml (1/2 tsp) salt
- 30 ml (2 tbsp) vegetable oil
- 2 locally grown peaches
- 1 sweet red pepper
- 2 green onions, thinly sliced
- 500 ml (2 cups) baby spinach
- 250 ml (1 cup) bean sprouts
- 50 ml (1/4 cup) chopped fresh mint

Flavour gets all rolled up: Pork and Cashew Rice Paper Rolls

For something a bit different, try these Pork and Cashew Rolls, which use rice paper. Rice paper is used for making fresh summer rolls (salad rolls) or fried spring rolls in Vietnamese cuisine. It offers a great contrast texture to the ingredients that are rolled up in it.

- 1.** Slice pork tenderloin in half lengthwise, cut halves into thin strips. Heat oil in large skillet over medium-high heat; cook pork until browned, about 10 minutes.

- 2.** Add 1/2 cup (125 ml) of the garlic rib sauce. Cook for another 5 minutes until sauce glazes the meat, set aside.

- 3.** Place one sheet of rice paper in large bowl of warm water to soften, about 1 minute. Carefully remove paper and lay on work surface. In the bottom third of paper, place small piece of lettuce, top with small pile of noodles (about 2 tbsp/30 ml). Top noodles with fillings, being careful not to overstuff or the paper will tear.

- 4.** Fold the bottom of paper over top of fillings and begin to roll into a cylinder. Fold sides in and continue rolling to enclose. Once all the rolls are finished slice in half; serve with remaining 1/2 cup (125 ml) of the garlic rib sauce for dipping.

NEWS CANADA/VHSAUCES.COM

Ingredients

- 500 g (1 lb) pork tenderloin
- 15 ml (1 tbsp) vegetable oil
- 250 ml (1 cup) VH Medium Garlic Rib Sauce
- 10 rice papers (or as many as needed)
- 10 lettuce leaves, a tender variety such as red or green leaf, Bibb or Boston
- 125 g (4 1/2 oz) thin rice

- vermicelli noodles (half a package), soaked and drained
- Filling**
- 50 ml (1/2 cup) each fresh mint, green onions, cashews or peanuts, finely chopped
 - 250 ml (1 cup) julienned cucumber (and/or julienned red pepper strips, carrots or mangoes)



This recipe serves four. NEWS CANADA

'Intervention meets Sex and the City'

Reality TV. Reformed 'other woman' offers plenty of advice in *The Mistress*, which premieres Wednesday

MELISSA REBER
For Metro

If you're caught in a love triangle with a married man, Sarah Symonds has some advice for you: "Get out! Don't walk, run! He will never leave his wife for you."

Sarah would know; she calls herself the reformed "other woman" after a string of affairs (including ones with chef Gordon Ramsay and Jeffrey Archer) left her heartbroken and alone.

She wrote the book *Having an Affair? A Handbook For The Other Woman*, which stirred up major media interest on the controversial subject. Now she has teamed up with Great Pacific Media to produce a reality show called *The Mistress*, where she will work with women stuck in these dysfunctional relation-

ships to help set them on the right path. The show premieres Wednesday at 8 p.m. ET on Slice.

What was it that attracted you to the lifestyle of 'the other woman'? What made you finally stop?

At the time I started I was in my late 20s, I was mixing in a high octane PR world. I didn't have the filter to say no. Most of the men I dated were unavailable or married, although sometimes I didn't know that at first. In 2006 I had my heart broken beyond words and that's what made me sit down and write my book. Then when the Gordon Ramsay scandal broke, I didn't want to be that girl in the tabloids and have my parents see that. I wanted to be done with it.

Have you ever been confronted by one of the wives (any fights)?

No physical fights, but I've called both the wives of the men I really loved. It was not out of malice, it was out of pain, but the reaction I got when I called the wives... they were so matter of fact, and there I was bawling my eyes out. They just said, 'OK, I'll

have a talk with him when he gets home.'

It was unbelievable. There are some altercations on the show, but it's not about that and it's not about exposing him (the man). It's a raw subject and I'm trying to get them out of this toxic relationship, and when that happens there are going to be confrontations.

What are the top three signs that your partner might be cheating/has a mistress?



1. If he's suddenly mysterious about his cellphone, if he doesn't want you to see his missed calls or text or he goes into the washroom to use his cellphone — wake up! Who does that? He's probably hiding something.

2. If he says he needs alone time or is willing to run around doing any errands he normally wouldn't.

Remember that the "other woman" is always asking to see him so to keep her happy he'll have to find excuses to get out of the

house.

3. If he suddenly offers to do his own laundry — what man does that? He might be trying to make sure you don't see any stains on his shirt or a fancy restaurant receipt he left in his pocket.

You've got instincts, use them! If you think something is wrong, investigate it. Having said all that, don't be paranoid, but don't be stupid. Be real.

Advice for the wives?

Wives need to wake up! After you get married you have to still be the woman he married. This might be harsh, but if you're not sleeping with your husband someone else is. But I don't place the blame only on the wife or on the husband; there is blame on both sides. Men — go home and talk to your wife. If it's not working out then end it. It's called wedlock not deadlock!

What's the difference between mistresses around the world?

I hear from women every-

Sarah Symonds

where. Just last week I got emails from women in Manila (Philippines), India, Australia... and it's all textbook details; same situation, different location.

Tell me a bit about the show. What should viewers expect?

It's a mix of *Intervention* meets *Sex and the City*. It has a redemption edge to it, but it's a wake-up call for mistresses. My work is over five days with them and I want to get them to realize they are worth more and to move on. Each story is so different... different ages, colours, circumstances. This show is myth busting. You typically think of the busty blond being the mistress, but on the show what we see is so far from that stereotype. It'll blow your mind.

It took a Canadian company to believe in me, so bravo to Canada for taking a chance.

People are interested and searching for this info. And who knew there was so much infidelity here (laughs).

We've already done 14 episodes and women keep knocking on my door wanting to be involved in the show!



Formation linguistique axée sur les professions



SESSIONS D'INFORMATION
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Advice

Talking about expensive wedding gifts



CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

My boyfriend and I have been together for more than 15 years, and he is from a large family, with more than 20 nieces and nephews, most of whom are now in their early-to-late 20s. When these nieces and nephews start to get married, we will have to attend their weddings and buy a gift. Isn't the usual gift amount about \$75 to \$100/person attending? My boyfriend hasn't worked in years and we live in a small one-bedroom rented apartment, which I pay for. And since my boyfriend doesn't have any money, I will be paying for these gifts. This has already happened over the years. I don't want to be forced to pay for an expensive gift for his family. The suggestion of not attending any of the weddings could be awkward, but that's a lot of



You should never put yourself in debt when giving a gift. iStock

weddings to attend and pay for gifts, or to avoid. Can you please advise your suggestion on this situation? Thank you, Not Cheap but Poor

Dear Not Cheap but Poor,

I am a very firm believer that you should never put yourself into debt when giving a present, and it is wrong for anyone to expect this of you. I would think that the rest of the family would have the same predicament.

So the first thing that

comes to mind is that perhaps the family would consider a "common family gift" that everyone can put what they can afford in a jar and with that money you buy one present (or the total sum of monies collected) on behalf of the entire family, or at least the contributors.

Thus if you can afford \$10, \$20 or more, that is your contribution, however, everyone only puts in what they can, and everyone signs the card equally. Good luck, and please let us know what happens.

Ready, set, head for the border!

Alison's Money Rule. Keep travel and accommodation costs low to save big on cross-border shopping



YOUR MONEY
Alison Griffiths
money@metronews.ca

Desperately seeking last minute back to school deals? Go south.

Call me unpatriotic and a Canadian business killer, but financially stressed families can't be faulted for wanting to save money by taking advantage of cheaper prices.

New customs rules and a strong loonie provide good reasons to head into the US for all those must have school clothes, electronics and other goodies.

But if you go be prepared for long waits during peak times this weekend as the 50 million visits annually by Canadians to the U.S. is the highest in two decades.

Higher limits on what we can bring back to Canada went into effect in June, which will only boost that visitor number.

For stays of 24 hours the import limit is \$200, up from \$50, and a flat \$800 if you stay more than 48 hours, up from \$400 for two



There are plenty of good reasons to cross the border for your shopping needs. ISTOCK IMAGES

day visits and \$750 for a week or more.

According to the most recent BMO Capital Markets cross border shopping report, some of the best deals south of 49 are the kinds of things kids need/want for school. For example, running shoes are 37 per cent cheaper in the States, those adorable Pottery Barn Kids backpacks cost 26 per cent less and you'll save 19 per cent on kids' Gap T-shirts.

A basket of U.S. goods including diapers, BBQs, iPods, golf balls and small appliances produces a sav-

ings of 14 per cent.

However, don't just focus on prices.

Factor in the cost of gas, meals, hotel as well as duty and GST and HST if you go over limit — which is very easy to do.

Group trips — mini-van anyone? — will certainly save on gas and using loyalty points for hotels is another good strategy.

Don't forget to take the exchange rate into account. Though the posted rate may show the loonie at par or better, when you buy greenbacks it will cost you three

In numbers

2.7

The number of Canadian visits to the U.S. for every one American trip to Canada.

to four cents more.

And if you use your credit or debit card there will be an exchange rate differential plus (usually) a 2.5 per cent transaction fee.

YOU CAN CHECK OUT BORDER WAIT TIMES AT APPS.CBP.GOV/BWT/INDEX.ASP, CBSA-ASFC.GC.CA/BWT-TAF/MENU-ENG.HTML.

Affordable travel

When loyalty doesn't pay off



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

I had my frugal butt kicked last week as I planned an affordable last minute trip to Europe. In light of the Eurozone debt crises, some of the most inexpensive international holidays at the moment are European vacations.

I had the right idea on how to save money — wait until after the Olympics, be semi-flexible on the location, try to snag a last minute travel special and use loyalty points for flights, rail and hotels.

But, when it came time to redeem my travel rewards, I couldn't use a single point towards any part of the trip.

My first error was waiting too long to book; my second error was trying to book a seat sale on flights through my VISA points — which I have done on previous occasions.

But because I didn't leave enough time in advance, according to VISA's policy, the cheap flights were not available nor eligible for point redemption.

A July 2012 American Express survey revealed that approximately 19 per cent of North Americans use loyalty points for travel throughout the summer months; hence the limited availability.

The next eye-opener for me was learning the true cost of trying to use loyalty rewards semi-last-minute;

the amount of points it takes to purchase a ticket can be triple the normal amount. No thanks! That's a bad deal!

That's when I decided to book my seat sale without using points and instead I paid with cash.

Thankfully, with a strong Canadian dollar, off-season pricing and switching to a local airline from London, the price tag was 50 per cent less than if I were to have planned travelling mid-summer.

Post purchase, I learned through Google research that the greatest value travel point collectors receive is when they use their points for business or first class tickets.

Thus, I tried one last time to use my points for an upgrade to business class for the long-haul portion of the trip.

NO-GO.

Because I'd booked seats on sale my 'cheap seats' weren't eligible for upgrades ... on any segment of the trip.

I still believe in collecting points because I love free things.

But, my unpleasant experience has taught me that to maximize the greatest value from a loyalty program, book well in advance.

I'd also recommend avoiding rewards programs you don't plan to redeem within a short time frame (five years or less).

This is because the longer you wait, the more likely it is the point system will change and adjust to the increasing cost of providing the rewards.

Follow Lesley on
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The new catalogue is here.



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The party appears to be over for Dallas receiver Dez Bryant after a tumultuous summer. According to numerous reports, the Cowboys have set guidelines for Bryant to attend weekly counselling sessions, have a full-time security team and not be allowed to consume alcohol or attend strip clubs. Scan the code for the story.

Triano looking for big Canadian commitment

Basketball. Eyeing Olympic berth in Rio, national team coach expects four-year pact from his players

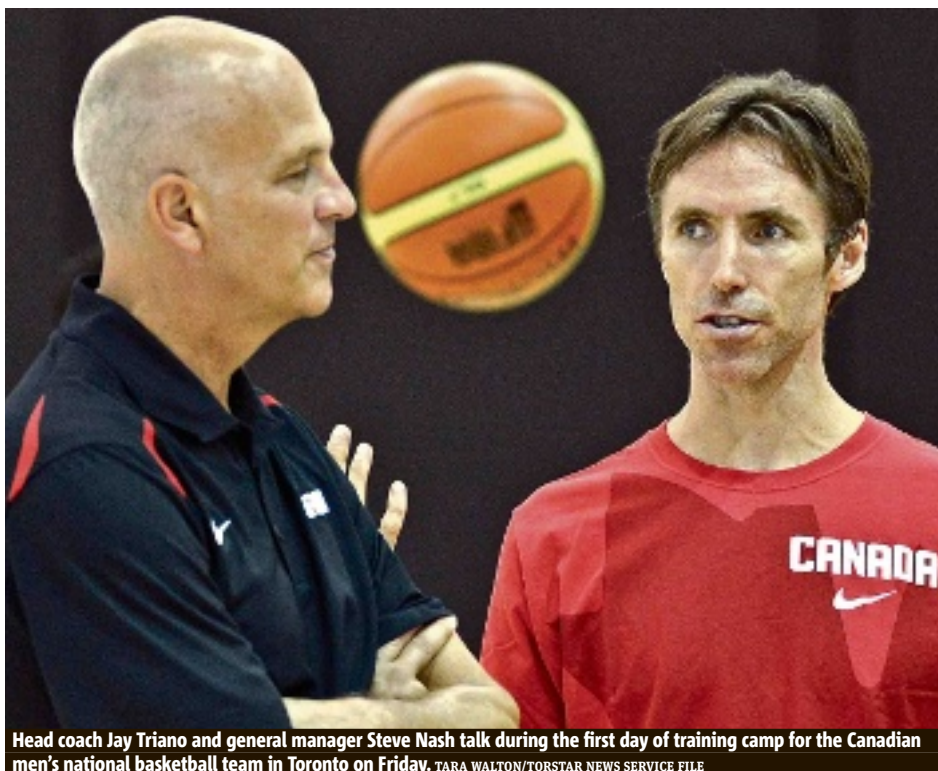
Jay Triano has witnessed firsthand how the United States men's basketball team changed from underachievers to back-to-back Olympic champions.

He believes the same approach will lead Canada to its first Olympic berth since 2000, and he expects his players to buy in for the long haul.

Just two weeks after the London Olympics closed, Triano and his coaching staff were putting a promising roster of players through shooting drills Monday at the end of a five-day training camp designed to prepare Canada for the 2016 Rio de Janeiro Games.

Triano, just days into his second stint as national team head coach, expects players at the camp to commit to the national team for four years, saying the long-term pledge is essential to getting Canada back on basketball's world stage. Triano was an assistant coach on the U.S. national team when it went from an underachieving group that settled for an Olympic bronze medal in 2004 to a cohesive powerhouse.

"I think gone are the days when you can throw 12 players out there and expect to compete, and I think my time with



Head coach Jay Triano and general manager Steve Nash talk during the first day of training camp for the Canadian men's national basketball team in Toronto on Friday. TARA WALTON/TORSTAR NEWS SERVICE FILE

the United States team showed that," Triano said. "Jerry Colangelo asked those players for a three-year commitment. When they did that and the players became committed, that's when they became successful and won back-to-back gold medals."

Canada hasn't always been able to field its best possible team in Olympic competition. Star guard Steve Nash, now the team's general manager, stopped playing for Canada

after it failed to qualify for the 2004 Olympics and focused on his NBA career. Centre Jamaal Magloire, who has been working with the big men at the camp, opted not to play during the height of his career. Centre Samuel Dalembert was dismissed from the team after a rift with former coach Leo Rautins.

"If we're going to be successful, guys are going to commit," Triano said. "The fact that they're here working as hard as they are right now speaks volumes to their commitment. We're going to have to decide as a staff which players we want to move forward and be part of our commitment to the program."

In order to build for Rio, Nash and Triano hope to involve young players early and

Bringing the best

It appears Canada may have turned a corner as far as getting its best players out.

- NBA regulars Joel Anthony and Tristan Thompson were among those taking part, along with up-and-comers Kris Joseph, Cory Joseph and Andrew Nicholson.
- Recent Los Angeles Lakers draft pick Robert Sacre was at the camp in Toronto along with former Gonzaga teammates Kevin Pangos and Kelly Olynyk.

get them used to spending their summers working with the national team. **THE CANADIAN PRESS**

Tennis. Wozniak breezes into Round 2 at U.S. Open

A two-hour rain delay at the U.S. Open didn't throw Canada's Aleksandra Wozniak off her game.

Wozniak reached the second round of the Grand Slam with a 6-0, 6-3 win over Romania's Alexandra Cadantu on Monday.

The 48th-ranked Wozniak, a quarter-finalist last week in a Dallas tune-up event, needed little more than an hour to advance after losing four of her last five opening matches at Flushing Meadows.

The native of Blainville, Que., made it to the third round in 2009.

"Overall, it was the first solid match for me here," Wozniak said.

"She started putting more balls in during the second set. I'm glad I stayed on top of her and won this one. It was nice that it went so fast after the long rain delay."

Wozniak will next play good friend Lucie Safarova, who beat American Melanie Oudin 6-4, 6-0.

THE CANADIAN PRESS



Aleksandra Wozniak plays a backhand during Monday's match against Alexandra Cadantu in New York. GETTY IMAGES



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MLB
AMERICAN LEAGUE

EAST DIVISION				
	W	L	Pct	GB
New York	74	53	.583	—
Tampa Bay	70	57	.551	4
Baltimore	69	57	.548	4½
Boston	62	67	.481	13
Toronto	56	70	.444	17½
CENTRAL DIVISION				
	W	L	Pct	GB
Chicago	71	55	.563	—
Detroit	69	58	.543	2½
Kansas City	56	71	.441	15½
Cleveland	55	72	.433	16½
Minnesota	52	75	.409	19½
WEST DIVISION				
	W	L	Pct	GB
Texas	75	52	.591	—
Oakland	69	57	.548	5½
Los Angeles	66	62	.516	9½
Seattle	61	67	.477	14½

Sunday's Games
Detroit 5, L.A. Angels 2
N.Y. Yankees 4, Cleveland 2
Boston 8, Kansas City 6
Toronto at Baltimore, ppd., rain
Chicago White Sox 4, Seattle 3, 7 innings
Minnesota 6, Texas 5
Monday's Games
Boston 5, Kansas City 1
Chicago White Sox at Baltimore
Oakland at Cleveland
Toronto at N.Y. Yankees
Tampa Bay at Texas
Seattle at Minnesota
Tuesday's Games
Chicago White Sox (Sale 15-4) at Baltimore (Tillman 6-2), 7:05 p.m.
Oakland (Milone 10-9) at Cleveland (McAllister 5-4), 7:05 p.m.
Toronto (R.Romero 8-11) at N.Y. Yankees (P.Hughes 12-11), 7:05 p.m.
Tampa Bay (Shields 12-7) at Texas (Darvish 12-9), 8:05 p.m.
Detroit (Verlander 12-7) at Kansas City (Mendoza 7-9), 8:10 p.m.
Seattle (Iwakuma 4-3) at Minnesota (Diamond 10-5), 8:10 p.m.
Boston (Buchholz 11-4) at L.A. Angels (Weaver 16-3), 10:05 p.m.

AL LEADERS	G	AB	R	H	BA
Izturis, LAA	4	13	3	7	.538
Ciriaco, BOS	6	28	8	13	.464
Konerko, CHW	6	22	2	10	.455
Podsednik, BOS	6	25	3	11	.440
Beltre, TEX	7	30	7	13	.433
Iannetta, LAA	5	21	1	9	.429
Swisher, NYY	6	21	4	9	.429
Hardy, BAL	4	17	4	7	.412
Kinsler, TEX	7	27	7	11	.407
Kendrick, LAA	6	25	4	10	.400
RUNS -Trout, Los Angeles, 100; Kinsler, Texas, 89; MiCabrera, Detroit, 83; Hamilton, Texas, 83; Granderson, New York, 82; Jeter, New York, 81; AJackson, Detroit, 79. RBI -Hamilton, Texas, 111; MiCabrera, Detroit, 106; Willingham, Minnesota, 92; Fielder, Detroit, 91; Encarnacion, Toronto, 88; ADunn, Chicago, 87; AdGonzalez, Boston, 86; Pujols,					

ALL TIMES EDT

EAST DIVISION				
	W	L	Pct	GB
Washington	77	50	.606	—
Atlanta	73	55	.570	4½
Philadelphia	61	67	.477	16½
New York	59	69	.461	18½
Miami	58	71	.450	20
CENTRAL DIVISION				
	W	L	Pct	GB
Cincinnati	77	52	.597	—
St. Louis	70	57	.551	6
Pittsburgh	68	59	.535	8
Milwaukee	59	67	.468	16½
Chicago	49	77	.389	26½
Houston	40	88	.313	36½
WEST DIVISION				
	W	L	Pct	GB
San Francisco	71	57	.555	—
Los Angeles	69	59	.539	2
Arizona	64	64	.500	7
San Diego	59	70	.457	12½
Colorado	51	75	.405	19

Sunday's Games
N.Y. Mets 2, Houston 1
St. Louis 8, Cincinnati 2
Milwaukee 7, Pittsburgh 0
Philadelphia 4, Washington 1
Chicago Cubs 5, Colorado 0, 8 innings
Miami 6, L.A. Dodgers 2
San Diego 5, Arizona 4
Atlanta 7, San Francisco 1
Monday's Games
St. Louis at Pittsburgh
Milwaukee at Chicago Cubs
L.A. Dodgers at Colorado
Cincinnati at Arizona
Atlanta at San Diego
Tuesday's Games
N.Y. Mets (C.Young 3-7) at Philadelphia (Worley 6-9), 7:05 p.m.
St. Louis (Westbrook 13-9) at Pittsburgh (Ja.McDonald 11-6), 7:05 p.m.
Washington (Strasburg 15-5) at Miami (Nolasco 9-12), 7:10 p.m.
Milwaukee (Gallardo 13-8) at Chicago Cubs (T.Wood 4-10), 8:05 p.m.
San Francisco (M.Cain 13-5) at Houston (B.Norris 5-11), 8:05 p.m.
L.A. Dodgers (Capuano 11-9) at Colorado (Chatwood 3-3), 8:40 p.m.
Cincinnati (Cueto 16-6) at Arizona (Miley 14-8), 9:40 p.m.
Atlanta (Medlen 5-1) at San Diego (Werner 1-0), 10:05 p.m.

NL LEADERS	G	AB	R	H	BA
Upton, ARI	4	13	3	7	.538
Freese, STL	3	10	4	5	.500
Buck, MIA	3	10	3	5	.500
Solano, MIA	7	25	5	12	.480
Venable, S-D	5	21	7	10	.476
Lucroy, MIL	6	15	3	7	.467
Molina, STL	5	20	3	9	.450
Holliday, STL	6	27	6	12	.444
Frandsen, PHL	6	18	4	8	.444
Craig, STL	6	25	8	11	.440
RUNS - AMcCutchen, Pittsburgh, 88; Bourn, Atlanta, 85; McCabrera, San Francisco, 84; Braun, Milwaukee, 82; Holliday, St. Louis, 82; JUpton, Arizona, 81; CGonzalez, Colorado, 79. RBI - Holliday, St. Louis, 89; Beltran, St. Louis, 85; Braun, Milwaukee, 85; Ffreeman, Atlanta, 82; Bruce, Cincinnati, 81; CGonzalez, Colorado, 81; Headley, San Diego, 80; Posey, San Francisco, 80.					

SUNDAY

BLUE JAYS TEAM STATISTICS	AB	R	H	HR	RBI	AVG
BATTERS	140	16	42	4	11	.300
Cooper	444	78	130	34	88	.293
Sierra	60	5	17	2	5	.283
Lawrie	397	59	112	9	40	.282
Davis	321	50	81	6	34	.252
Escobar	451	51	111	7	39	.246
Arencibia	281	36	68	16	50	.242
Bautista	332	64	80	27	65	.241
Torrealba	164	17	39	3	12	.238
Rasmus	453	57	105	20	66	.232
McCoy	35	6	8	1	6	.229
Lind	198	17	45	8	27	.227
Johnson	427	52	95	14	47	.222
Vizquel	127	11	28	0	3	.220
Mathis	171	22	37	8	22	.216
Hechavarria	39	1	7	0	2	.179
PITCHERS	W	L	SV	IP	SO	ERA
Mathis	0	0	0	2.0	0	9.00
Oliver	2	2	2	44.1	42	1.83
Lyon	1	0	0	13.1	22	2.03
Loup	0	2	0	20.1	14	2.21
Janssen	1	1	16	48.2	50	2.22
Morrow	7	5	0	82.1	74	3.06
Villanueva	6	4	0	92.2	94	3.30
Perez	2	2	0	42.0	39	3.43
Fraser	1	1	0	36.0	45	4.00
Delabar	3	1	0	49.1	68	4.01
Happ	2	1	0	30.1	31	4.15
Jenkins	0	1	0	12.0	5	4.50
Laffey	3	5	0	73.0	39	4.56
Hutchison	5	3	0	58.2	49	4.60
Drabek	4	7	0	71.1	47	4.67
Alvarez	7	11	0	147.0	56	4.84
Lincoln	0	0	0	13.1	10	5.40
Romero	8	11	0	155.0	104	5.63
Santos	0	1	2	5.0	4	9.00
Coello	0	1	0	6.1	11	12.79

FOOTBALL
CFL

EAST DIVISION	GP	W	L	T	PF	PA	Pt
Montreal	8	5	3	0	233	242	10
Toronto	7	4	3	0	160	165	8
Hamilton	8	3	5	0	236	261	6
Winnipeg	8	2	6	0	176	244	4
WEST DIVISION	GP	W	L	T	PF	PA	Pt
B.C.	8	6	2	0	202	141	12
Edmonton	7	4	3	0	164	134	8
Calgary	8	4	4	0	217	206	8
Saskatchewan	8	3	5	0	190	182	6
Monday's result Edmonton at Toronto Friday's game Calgary at Edmonton, 9 p.m. Saturday, Sept. 8 Hamilton at Toronto, 1 p.m. Montreal at B.C., 4 p.m. Sunday, Sept. 9 Saskatchewan at Winnipeg, 1 p.m.							

NFL PRESEASON
Wednesday's games
Tampa Bay at Washington, 7 p.m.
New England at N.Y. Giants, 7 p.m.
Miami at Dallas, 8:30 p.m.
Thursday's games
Atlanta at Jacksonville, 6:30 p.m.
N.Y. Jets at Philadelphia, 6:35 p.m.
Minnesota at Houston, 7 p.m.
Baltimore at St. Louis, 7 p.m.
Kansas City at Green Bay, 7 p.m.
New Orleans at Tennessee, 7 p.m.
Cincinnati at Indianapolis, 7 p.m.
Buffalo at Detroit, 7 p.m.
Chicago at Cleveland, 7:30 p.m.
Carolina at Pittsburgh, 7:30 p.m.
Oakland at Seattle, 10 p.m.
San Diego at San Francisco, 10:05 p.m.
Denver at Arizona, 11 p.m.

TENNIS

U.S. OPEN
New York
Singles Men
First Round
Kei Nishikori (17), Japan, def. Guido Andreozzi, Argentina, 6-1, 6-2, 6-4.
James Blake, United States, def. Lukas Lacko, Slovakia, 7-5, 6-2, 3-6, 6-3.
Women
First Round
Anna Tatishvili, Georgia, def. Stephanie Foretz Gacon, France, 6-2, 6-0.
Sam Stosur (7), Australia, def. Petra Martic, Croatia, 6-1, 6-1.
Casey Dellacqua, Australia, def. Lesia Tsurenko, Ukraine, 6-2, 6-3.
Lucie Hradecka, Czech Republic, def. Anabel Medina Garrigues (27), Spain, 6-3, 6-3.
Marion Bartoli (11), France, def. Jamie Hampton, United States, 6-3, 7-6 (5).
Li Na (9), China, def. Heather Watson, Britain, 6-2, 6-3.
Kristyna Pliskova, Czech Republic, def. Julia Goerges (18), Germany, 7-6 (4), 6-1.
Nadia Petrova (19), Russia, def. Jarmila Gajdosova, Australia, 6-3, 7-6 (3).
Sorana Cirstea, Romania, def. Sabine Lisicki (16), Germany, 4-6, 6-2, 6-2.

SOCCER
MLS

EASTERN CONFERENCE	GP	W	L	T	GF	GA	Pt
Kansas City	26	14	7	5	32	23	47
New York	26	13	7	6	44	37	45
Houston	26	11	6	9	38	30	42
Chicago	25	12	8	5	32	30	41
D.C. United	25	12	9	4	41	35	40
Montreal	28	12	13	3	42	44	39
Columbus	24	10	8	6	29	28	36
Philadelphia	23	7	12	4	24	28	25
New England	25	6	14	5	30	35	23
Toronto	26	5	15	6	29	46	21
WESTERN CONFERENCE	GP	W	L	T	GF	GA	Pt
San Jose	26	15	6	5	52	33	50
Seattle	25	12	7	6	40	26	43
Real Salt Lake	27	13	10	4	37	32	43
Los Angeles	27	12	11	4	46	40	40
Vancouver	27	10	10	7	29	35	37
Dallas	28	8	12	8	33	37	32
Chivas USA	23	7	10	6	17	32	27
Colorado	26	8	16	2	33	40	26
Portland	25	6	13	6	26	43	24
Note: 3 points for a win, 1 for a tie. Sunday's results Los Angeles 2 Dallas 0 New York 1 Kansas City 1 Wednesday's games Chivas USA at New England, 8 p.m. Columbus at Philadelphia, 8 p.m. New York at D.C. United, 8 p.m. Friday's games Colorado at Portland, 10:30 p.m. Philadelphia at New England, 7:30 p.m. Montreal at Columbus, 7:30 p.m. Toronto at Kansas City, 8:30 p.m. D.C. United at Real Salt Lake, 9 p.m. Vancouver at Los Angeles, 10 p.m. Sunday, Sept. 2 Houston at Chicago, 7 p.m. Seattle at Dallas, 7 p.m. Chivas USA at San Jose, 9 p.m.							

GOLF

PGA	YTD
FEDEX CUP	
Through Aug. 26	
Points Money	
1. Nick Watney	3,226—\$2,690,977
2. Brandt Snedeker	2,694—\$3,224,939
3. Tiger Woods	2,417—\$4,989,158
4. Rory Mclroy	2,299—\$4,962,192
5. Zach Johnson	2,166—\$4,143,284
6. Jason Dufner	2,110—\$4,548,104
7. Bubba Watson	2,080—\$4,178,997
8. Dustin Johnson	1,972—\$2,558,060
9. Carl Pettersson	1,898—\$3,352,496
10. Sergio Garcia	1,810—\$2,269,316
11. Matt Kuchar	1,747—\$3,638,525
12. Hunter Mahan	1,739—\$3,720,793
13. Keegan Bradley	1,670—\$3,606,658
14. Luke Donald	1,597—\$2,936,379
15. Justin Rose	1,534—\$3,318,330
16. Steve Stricker	1,523—\$3,064,421
17. Phil Mickelson	1,520—\$2,980,621
18. Ernie Els	1,514—\$3,140,173
19. Rickie Fowler	1,453—\$2,879,893
20. Webb Simpson	1,424—\$2,997,505
21. Louis Oosthuizen	1,409—\$2,347,595
22. Bo Van Pelt	1,382—\$2,575,305
23. Scott Piercy	1,304—\$2,321,950
24. John Huh	1,295—\$2,362,587
25. Jim Furyk	1,284—\$2,702,205
26. Bud Cauley	1,204—\$1,685,435
27. Lee Westwood	1,194—\$2,038,969
28. Johnson Wagner	1,181—\$2,183,300
29. Bill Haas	1,181—\$2,286,771
30. Kyle Stanley	1,177—\$2,280,657
31. Robert Garrigus	1,160—\$2,167,683
32. John Senden	1,117—\$1,580,171
33. Graeme McDowell	1,037—\$2,349,879
34. Adam Scott	1,011—\$2,206,757
35. Tim Clark	1,010—\$1,389,428
36. Marc Leishman	1,003—\$1,889,041
37. Ben Curtis	997—\$2,342,873
38. Greg Chalmers	989—\$1,023,627
39. Mark Wilson	986—\$2,019,100
40. Martin Laird	981—\$2,155,683
41. Brian Harman	975—\$1,067,676
42. Ryan Palmer	952—\$1,388,927
43. Kevin Stadler	923—\$1,285,906
44. Graham DeLaet	922—\$1,015,151
45. Jimmy Walker	911—\$1,293,258
46. William McGirt	905—\$1,146,934
47. Charlie Wi	901—\$1,649,909
48. Padraig Harrington	896—\$1,419,912
49. Geoff Ogilvy	874—\$1,183,196
50. Ian Poulter	870—\$1,531,751
51. Kevin Na	866—\$1,911,815
52. Ben Crane	849—\$1,648,415
53. Ryan Moore	843—\$1,164,944
54. Seung-Yul Noh	840—\$1,375,551
55. J.B. Holmes	818—\$1,082,610
56. Brendon de Jonge	815—\$1,243,904
57. Tom Gillis	814—\$962,214
58. John Rollins	800—\$1,448,087
59. Vijay Singh	776—\$1,045,513
60. Ken Duke	776—\$1,434,946
61. Scott Stallings	761—\$1,048,172
62. Bob Estes	760—\$905,482
63. Harris English	756—\$1,046,809
64. Josh Teater	756—\$789,495
65. Pat Perez	751—\$986,729
66. Spencer Levin	735—\$1,283,616
67. David Hearn	735—\$902,748
68. Charles Howell III	733—\$976,362
69. Jonathan Byrd	732—\$1,601,909
70. Brian Davis	728—\$1,279,120

71. Charl Schwartzel	726—\$1,064,124
72. D.A. Points	714—\$1,383,543
73. J.J. Henry	713—\$1,280,442
74. Sean O'Hair	712—\$1,042,897
75. Matt Every	711—\$1,490,093
76. Greg Owen	704—\$981,884
77. Ricky Barnes	696—\$779,983
78. Troy Matteson	690—\$1,003,686
79. Cameron Tringale	689—\$1,215,397
80. Roberto Castro	685—\$680,668
81. Chris Kirk	682—\$959,000
82. Michael Thompson	671—\$1,243,874
83. Jeff Overton	667—\$1,049,503
84. Ted Potter, Jr.	647—\$1,356,708
85. Aaron Baddeley	635—\$1,187,753
86. Charley Hoffman	628—\$1,203,739
87. Blake Adams	627—\$1,107,985
88. Jason Day	624—\$899,486
89. David Toms	623—\$1,226,428
90. George McNeill	611—\$1,079,092
91. Tommy Gainey	611—\$788,223
92. Sang-Moon Bae	604—\$1,151,232
93. Bryce Molder	603—\$811,635
94. Rory Sabbatini	602—\$1,106,270
95. K.J. Choi	592—\$969,057
96. Dicky Pride	586—\$1,155,445
97. Jonas Blixt	578—\$906,734
98. John Merrick	572—\$962,039
Did not advance to the second playoff event	
99. Daniel Summerhays	567—\$1,027,305
100. Martin Flores	556—\$873,554
101. John Mallinger	543—\$910,490
102. Will Claxton	530—\$726,200
103. Gary Christian	529—\$599,722
104. Chad Campbell	517—\$760,227
105. Fredrik Jacobson	513—\$953,494
106. Andres Romero	506—\$951,996
107. Rod Pampling	500—\$586,768
108. Billy Mayfair	500—\$591,206
109. Brian Gay	491—\$690,440
110. Chris Stroud	484—\$893,230
111. Henrik Stenson	462—\$719,103
112. Kevin Streelman	462—\$766,649
113. Troy Kelly	462—\$777,112
114. Kevin Chappell	447—\$610,948
115. Davis Love III	443—\$774,934
116. Jeff Maggert	437—\$598,994
117. Trevor Immelman	423—\$617,296
118. Robert Allenby	417—\$801,807
119. James Driscoll	413—\$664,788
120. Colt Knost	390—\$759,651
121. Harrison Frazar	385—\$730,203
122. Jerry Kelly	385—\$501,109
123. Bob Weekly	365—\$660,709
124. Heath Slocum	365—\$424,215
125. Jason Bohn	363—\$643,972
126. Jhonattan Vegas	361—\$748,874
127. Y.E. Yang	351—\$454,276
128. Tim Herron	339—\$450,793
129. Bobby Gates	338—\$452,614
130. Brendan Steele	334—\$710,705
131. Retief Goosen	327—\$591,174
132. Chez Reavie	327—\$479,375
133. David Mathis	322—\$587,836
134. Gary Woodland	321—\$443,338
135. Chris DiMarco	316—\$452,526
136. Vaughn Taylor	312—\$494,319
137. Erik Compton	311—\$331,955
138. Kyle Reifers	311—\$374,902
139. Stewart Cink	310—\$433,845
140. John Daly	298—\$479,595
141. Kris Blankens	297—\$390,059
142. Bill Lunde	294—\$347,824
143. Billy Horschel	289—\$417,829
144. Stuart Appleby	287—\$338,964

Big players in hockey talks set to meet

NHL. Collective bargaining negotiations resume today with only Bettman, Daly and Fehr brothers at the table

The battery of lawyers and sprawling negotiating committees are being relegated to the sidelines.

As the NHL's collective bargaining talks resume in New York on Tuesday, they'll do so with only four men at the table: NHL commissioner Gary

Bettman and his deputy, Bill Daly, on one side; NHL Players' Association executive director Donald Fehr and his top assistant, Steve Fehr, on the other.

"Both sides agree that this, at this point in time, might be a productive way for us to try and get some traction," Bettman said when negotiations broke down last week.

While the parties have met face to face every week since the end of June, they've made very little headway on the framework that will shape the next agreement. That prompted the first small session with just Bettman, Daly and the

Divisive issue

The biggest issue holding up talks is finding agreement on how the league's revenues should be split up.

- Players received 57 per cent under the expiring CBA and the league wants to see that number reduced considerably.

Fehrs in Toronto last week, and led to the scheduling of another one with the talks shifting back to New York.

The sides are in need of anything that might encourage progress with a Sept. 15 deadline looming for a lockout.

The sides have looked like competing hockey teams at the conclusion of previous negotiating sessions, with the number of well-dressed attendees often unable to fit together in one elevator.

The gathering will be decidedly smaller on Tuesday as the leaders of the NHL and NHLPA try to push talks in a positive direction.

"Hopefully we'll be productive when we get to it," said Fehr. **THE CANADIAN PRESS**



Donald Fehr, executive director of the NHLPA, speaks with the media last Thursday in Toronto. CHRIS YOUNG/THE CANADIAN PRESS FILE

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MISCELLANEOUS

Miscellaneous

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Horoscopes

Aries

March 21 - April 20
Good intentions are not enough — you must live up to your ideals. Make it your aim today to treat everyone you meet, even strangers, in the same way as you treat those you love beyond question.

Taurus

April 21 - May 21
There may be times when it seems as if you are losing control of everything in your life but it's not true, so steer clear of self-pity. Actually, things are progressing quite well for you at the moment.

Gemini

May 22 - June 21
You may be tempted to try something outrageous today, something you believe will convince the doubters that you have what it takes. But what if it goes wrong? By all means, be bold but don't abandon common sense.

Cancer

June 22 - July 23
With the travel area of your chart heavily emphasized, being on the move will be a lot of fun. But be aware that it will also have its dangers. Delays are going to happen whether you like it or not, so don't get angry.

Leo

July 24 - Aug. 23
Just because someone occupies a position of authority does not mean you can trust what they say. With communications planet Mercury under negative influences, a lot of what you hear is probably nonsense.

Virgo

Aug. 24 - Sept. 23
Knowledge is power and the more you know about what others are up to, the better placed you will be to get something out of it. Are we talking blackmail here? Of course not, perish the thought!

Libra

Sept. 24 - Oct. 23
Take what even your friends tell you with a grain of salt. They may not lie to you on purpose but they are a bit confused about what's going on. You don't need advice. Your conscience will guide you.

Scorpio

Oct. 24 - Nov. 22
Focus only on things you understand. If you drift into areas where your knowledge is limited, you may fall foul of people who like to prey on trusting types like you. Be cautious. You don't have to prove yourself.

Sagittarius

Nov. 23 - Dec. 21
Do not — repeat, not — sweep important topics under the rug. If you ignore them now, they will come back bigger and tougher to deal with later on. Don't worry about being unpopular. You've got issues to resolve.

Capricorn

Dec. 22 - Jan. 20
You may be a bit blunt in some of the things you say over the next 24 hours but that's OK. For too long certain people have been avoiding the realities of the current situation. It's time to get real.

Aquarius

Jan. 21 - Feb. 19
Your mind will race off in all sorts of weird and wonderful directions today and it could be a lot of fun — but it could also be dangerous. Try not to make important decisions until after Friday's full moon.

Pisces

Feb. 20 - March 20
Focus on your own needs and desires and pretend that other people don't exist. That might sound a bit selfish but you've done more than your share for the greater good of late. Look after Number One today.
SALLY BROMPTON

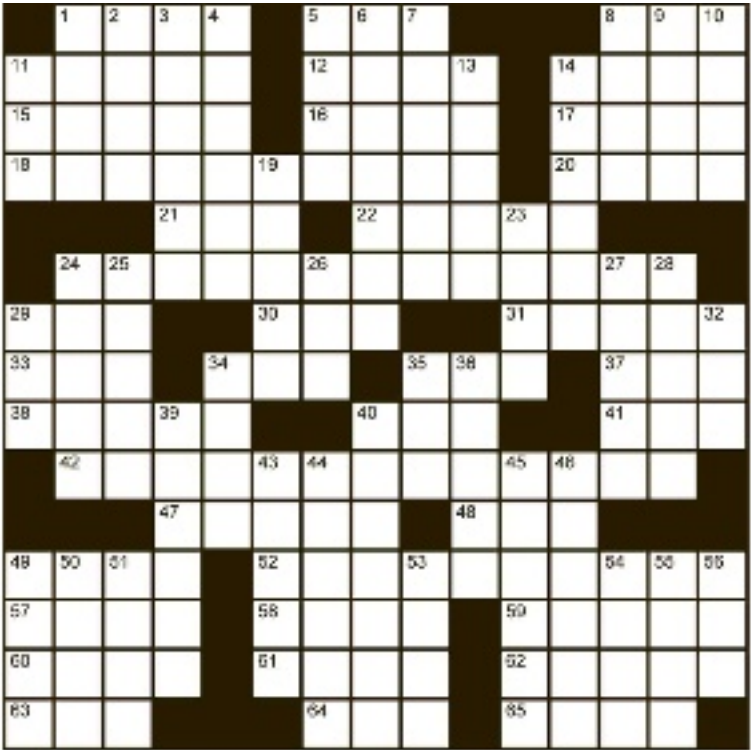
Crossword: Canadiana

Across

- ___ Spumante: Italian sparkling wine
- Emergency room drips, familiarly
- "It's easy as ___"
- Speck in the ocean
- Broth
- Clairvoyant one
- Circus animals that balance balls
- Gore Vidal's ___ *Brackenridge* (or the 1970 movie)
- Pine case
- Toronto team (2 wds.)
- Dix, ___, douze
- Corrida cheer
- "Do you understand?" (2 wds.)
- Alberta and Saskatchewan became part of this on Sept. 1, 1906
- Angry crowd
- Bad dog
- American ___: Pacific Ocean territory
- ___ mode: with ice cream (2 wds.)
- That girl
- Winnipeg's "Taking Care of Business" band, for short
- Key beside F1
- "The sky's the ___!"
- Canadian map dispensers
- Bring home after expenses
- Formed in 1970, this world renowned chamber ensemble quintet always performs in formal black suits with white running

Down

- Amino and folic
- "...a feeling of sadness comes ___ me": Longfellow
- Mounties, in short
- Western capital (2 wds.)
- Cleveland's state
- Red-wrapped cheese
- Kept the engine running
- Toronto group that backed Bob Dylan as The Hawks; with "The"
- Amusement park attraction
- Bed boards
- Versifier's "before"
- Start of a countdown
- Potato buds
- "... against ___ of troubles": Hamlet (2 wds.)
- Certain hockey shot
- Betray, kid-style (2 wds.)
- In a class by ___
- "Woe ___!": "Alas" (2 wds.)
- First spacecraft to reach Uranus and Neptune
- Beach habitué
- Long, long time
- Mercedes ___
- Some of the original inhabitants of Ontario
- Belief
- Italian dish
- Nova ___
- Parasite



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- "Make ___!": Jean-Luc Picard (2 wds.)
- Baby discomfort
- Harper's US counterpart
- Anticipated
- Signs
- Probscisces
- ___ de mer: seasickness
- "Just ___ naturally"

- Opp. of legato in musical notation
- Prohibition
- Forbidden
- As like as two peas ___ (3 wds.)
- ___ Range: mountains that extend from California to southern BC
- Frogman
- "___ my way" (3 wds.)

- Surface again
- Drily
- Choir attire
- Blacken
- It isn't yours
- US Treasury Department agents, familiarly
- Wings
- Wagers
- Audiophile's collection

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

1	5	9	8	2	4	3	7	6
4	8	8	3	7	9	1	5	2
7	3	2	1	6	5	4	8	9
3	9	7	6	5	2	8	1	4
6	4	5	8	3	1	2	6	7
6	2	1	4	8	7	9	3	5
5	1	3	2	9	6	7	4	8
9	7	4	6	1	8	6	2	3
2	8	6	7	4	3	5	9	1



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Karat | Price/gram

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22k	\$35.59/g
E. Indian/Nuggets	\$31.55/g
18k	\$29.14/g
14k and dental	\$22.65/g
10k	\$16.16/g
9k	\$14.57/g
8k/antique gold	\$9.71/g

Gold Bar Buying Prices

Gold Bars | Buy Price

Gold 1 ounce (Recognized)	\$1,522.72
Gold 10 ounce (Recognized)	\$15,144.40
Gold 1kg (Recognized)	\$48,689.24
Gold bars, less than 1 ounce (Recognized)	\$48.70/g
999 Gold bar (Unrecognized)	\$47.37/g

Silver Coin, Bars, and Jewellery Buying Prices - Canada Coins | Price

Maple Leaf (1 ounce Silver)	\$29.44/coin
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Silver Jewellery and Other Silver | Price

Stamped Sterling Silver Flatware	\$0.60/g
Stamped Sterling Silver Jewellery	\$0.58/g
Mexican Silver stamped 925	\$0.49/g
Stamped 800 Silver	\$0.47/g
Unstamped scrap silver	\$0.31/g
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